



# Coordinators' Communique

## State Health Plan Prevention Partners

April/May 2004

Dear Prevention Partners Coordinator:

### Spring Walk – April 23, 2004

If you haven't heard, the 2004 Prevention Partners Spring Wellness Walk is taking place on Friday, April 23, 2004. As always the kick-off site will be at scenic Riverfront Park in Columbia and will feature lots of snacks, door prize donations from local businesses, and some great music provided by Columbia's own Lite 96.7. We promise you a day of fun, and hope to show you why walking is America's most popular exercise. The benefits are many, including helping control weight, blood sugar and cholesterol levels, reducing blood pressure and psychologically, walking generates an overall feeling of well-being, and can relieve depression, anxiety, and stress by producing endorphins, the body's natural tranquilizer. Plus it's one of the easiest ways to be physically active. You can do it almost anywhere and at any time. It's inexpensive, and all you need is a pair of shoes with sturdy heel support.

Pictured below is the design that appears on the back of this year's spring walk t-shirt. Last year's t-shirt sold out in just a matter of days. This year's shirt is proving to be just as popular, so order now before they're gone!

If you have any questions regarding the walk or would like an order form faxed to you to order this year's Spring Walk t-shirt, call Prevention Partners at (803) 737-3820. Order forms can also be obtained from our website, [www.eip.sc.gov](http://www.eip.sc.gov) (click on "Prevention Partners").



### **Governor's Proclamation**

With Governor Mark Sanford proclaiming April 2004 as Health Promotion, Disease Prevention, and Early Detection Month, Prevention Partners would like to take this opportunity to encourage you to take advantage of the great State Health Plan benefit, the Preventive Worksite Screening.

If conducted in a doctor's office, this screening could cost \$200 or more. Within two weeks of your screening, you will receive your personal health profile, highlighting any values outside the normal range. You can even send this report to your physician or take a copy with you on your next doctor's office visit, which will save you money and keep you from duplicating tests.

If your worksite has hosted a Prevention Partners Preventive Worksite Screening, we commend you. If not, we would like to ask you to support Governor Sanford in his efforts and request a screening at your worksite. Screening Request Forms can be found at [www.eip.sc.gov](http://www.eip.sc.gov) (click on "Prevention Partners" and go to "Early Detection"). A minimum of only 15 participants is required.

### **Preventive Worksite Regional Screenings**

For those who would like to participate in one of our regional screenings, the next two are as follows:

- |                 |               |                           |
|-----------------|---------------|---------------------------|
| • May 12, 2004  | N. Charleston | Trident Technical College |
| • June 10, 2004 | Greenville    | Location to be announced  |

Registration forms are available approximately six weeks prior to a screening and can be obtained from our website, [www.eip.sc.gov](http://www.eip.sc.gov) (click on "Prevention Partners" and go to "Early Detection"). For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112 or email him at [emcelveen@eip.sc.gov](mailto:emcelveen@eip.sc.gov).

### **Chronic Disease Workshops**

We have three chronic disease workshops coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshops currently scheduled are as follows:

- |                      |                |               |                          |
|----------------------|----------------|---------------|--------------------------|
| • Asthma             | April 21, 2004 | N. Charleston | Lonnie Hamilton Building |
| • Overactive Bladder | April 29, 2004 | Columbia      | Capital Senior Center    |
| • Stroke             | May 27, 2004   | Rock Hill     | City Council Chambers    |

Registration forms for any of our chronic disease workshops will be available approximately one month prior to the workshop date and can be obtained from our website, [www.eip.sc.gov](http://www.eip.sc.gov) (click on "Prevention Partners" and go to "Disease Management"). For more information, contact Ramsey Makhuli at (803) 737-3823 or email him at [rmakhuli@eip.sc.gov](mailto:rmakhuli@eip.sc.gov).

#### **Contents of this mail-out are:**

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